

Striving to be Drug Free
for a Safe Industry



Building & Construction
Resource Center, Inc.

PROVIDING MEMBERSHIP TOOLS
FOR EVERYDAY LIFE SITUATIONS
THROUGH YOUR EAP

PERSPECTIVES

 An AllOne Health Company

Your EAP are available 24/7 at
800-456-6327 or www.perspectivesltd.com



Life comes with challenges. Your Assistance Program is here to help.

Your Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

Mental Health Sessions

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

Life Coaching

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and achieve greater balance.

Financial Consultation

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition.

Legal Referrals

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

Work-Life Resources and Referrals

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

Personal Assistant

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

Medical Advocacy

Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.

Member Portal

Access your benefits 24/7/365 through your member portal with online requests and chat options. Explore thousands of self-help tools and resources including articles, assessments, podcasts, and resource locators.

COMPANY ACCESS CODE: BLD500

Specific offerings may vary depending on your organization's assistance program plan design.



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Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.**
Reach out to your Assistance Program to speak with a mental health clinician
about any issue impacting your well-being.

Choose from in-person sessions, video counseling, or telephonic counseling.
Mental Health Sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issues

*Your Assistance Program is confidential, free to use, and open to family members,
and mental health sessions are provided by our network of clinicians.*



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Virtual Counseling

Your assistance program offers virtual counseling as well as traditional in-person counseling, to ensure everyone has fast, effective and easy access to mental health support.

Whether you're looking for mental health support, dealing with change, trying to build self-awareness, working through relationship issues, managing a personal challenge, or simply wanting to talk, **your assistance program is here to help.**

Services Are:

- **Professional & Private**
All counseling is provided by Master's Level Clinicians and all information is confidential and HIPAA-compliant.
- **Convenient & Accessible**
Request support anytime by phone, online, or member portal with live chat.
- **Free to Get Started**
Short-term counseling sessions are included in your assistance program benefits at no additional charge.
- **Available to Family Members**
The assistance program is open to family members too.
- **Personalized**
Our team of care connectors will make sure you are matched with a provider and counseling support that fits your needs.

How to Request Virtual Counseling Support:

- **Call 800-456-6327**
- **Visit perspectivesltd.com/login** and submit an online request form or login to your member portal for live chat support.

Receive care your way
with convenient options for
mental health support.



In-the-Moment Counseling Support

Instantly connect to a clinician
by phone



Video Counseling

Schedule a video session



Telephonic Sessions

Schedule a telephonic session



In-Person Sessions

Meet with a local clinician
from our network



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Life Coaching Can Help You Reach Personal Goals

Work with a **certified life coach** through your Assistance Program to receive guidance and insight to reach personal goals and unlock your full potential.

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

Your Assistance Program provides free counseling and life coaching sessions.

If you are unsure which type of session is right for you, reach out and we will guide you in the right direction.

Coaching sessions are free to use, confidential, and open to family members.



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Building Financial Wellness Is Good for Health

It's all connected. Financial health can affect mental health, which can affect physical health and wellness. Working with a financial coach can help you reach goals, save for emergencies, retire with confidence, and positively impact well-being.

Reach out to your Assistance Program for
financial consultation referrals to help with:

- Budget coaching
- Bankruptcy consultation
- Home buying
- Debt management consultation and resources
- Managing taxes
- Identity theft
- Retirement questions and guidance
- Saving for college

Financial consultation referrals are free to use, confidential, and open to family members.



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Need Legal Advice? Request a Referral Through Your Assistance Program

Legal issues can be stressful, time-consuming, and complicated. Your Assistance Program can help with legal referrals to address a wide range of personal matters.

Reach out to your Assistance Program for legal referrals
on a variety of issues:

- Estate planning
- Divorce/custody
- Wills/trusts
- Real estate
- Bankruptcy
- Eldercare
- Adoption

Your member portal also includes information, resources and DIY legal documents to help with various personal legal matters.

Requests for legal referrals are confidential and open to all family members.



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Help Is Here To Manage Life's Many Responsibilities

To juggle work, life, and caregiving responsibilities,
you sometimes **need an extra hand.**

Reach out to your Assistance Program for resources and referrals
to address a variety of life and family needs:

- Childcare
- Eldercare
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals

Your Assistance Program is free to use, confidential, and open to family members.



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Receive Lifestyle Support with Personal Assistant Referrals

Life is often busy, and responsibilities can feel overwhelming. Your Assistance Program is here to help save time and clear your mind with personal assistant referrals.

Our personal assistant team listens to your requests, conducts research, and provides comprehensive referrals, resources, and information to help with your needs. **Personal Assistant** referrals can include:

- Home care, renovation, and repair services
- Grocery and meal delivery services
- Transportation, car maintenance and repair
- Travel research, planning and itineraries
- Self-care, spas, gyms, and local services
- Theatre, concerts, and sporting events referrals
- Children's sports, programs, and activities
- Donations and volunteer opportunities

*Personal Assistant referrals are non-transactional.
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Medical Advocacy Can Help When It Matters Most

Caring for yourself and loved ones can be time-consuming and require many answers surrounding healthcare coverage and options. Medical Advocacy consultation and referrals through your Assistance Program can provide information, guidance, and resources to help.

Reach out to your Assistance Program for **referrals to a Medical Social Worker** for help with:

- Interpreting information related to claims, coverage
- Navigating healthcare
- Obtaining doctor referrals
- Securing medical equipment
- Planning for transitional care or discharge

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The Unexpected Feeling Of Grief

After a loss, it's not uncommon for people to experience grief. Grief is not limited to experiences with death. Grief can manifest from the loss of a job, a move away from close friends, a divorce, or a tough breakup.

To process and cope with these losses, you must understand grief itself.

Symptoms of Grief

Behaviors

Sleep Issues
Appetite Changes
Withdrawal
Absent-Mindedness

Cognitions

Obsessive Thinking
Intrusive Thoughts

Feelings

Sadness
Numbness
Anger
Guilt
Anxiety

Physical

Tight Chest
Lack of Energy
Muscle Weakness
Dry Mouth

Coping with Grief

- **Talk about it.** Many people deny grief which can cause isolation and may make it more difficult to accept.
- **Experience and accept feelings.** Feelings of sadness, anger, numbness, etc. are all normal. Experience them to accept them.
- **Adjust to the new "normal."** Try to keep your routine as close as possible as it was before. This will create a sense of comfort.
- **Prioritize self-care.** Focus on your eating habits, exercise and sleep. Try Mindful Meditation to also help.

Take care of your mental health and well-being. You don't have to do it alone.



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Introducing Your Member Portal

Browse benefits. Request services. Enjoy 24/7/365 access.



Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal.

Request a Mental Health Session

Request counseling by submitting an online form or live chat. Choose from in-person or virtual counseling options to meet your needs.

Request Referrals & Resources

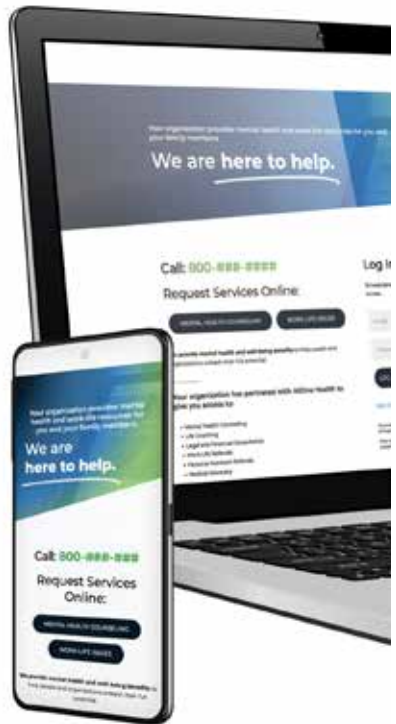
Submit a request for family care and lifestyle support including childcare and eldercare referrals, legal referrals and financial consultation, personal assistant referrals and medical advocacy consultation.

Explore Thousands of Self-Care Articles & Resources

Health and lifestyle assessments, interactive checklists, soft skills courses, podcasts, resource locators, exclusive discounts, and expansive articles on whole health and well-being.

Visit Your Online Financial Center

Featuring worksheets, calculators, and a wide range of financial resources and tools to help reach personal goals and build financial wellness.



Getting Started Is Easy

1. Visit perspectivesltd.com/login and click on "Sign Up" below the login form
2. Enter your email address and the company code provided by your organization to create an account and sign in
3. For log assistance, select "Email Support"

* You can always call to access services, without needing to create an account or log in to the portal.



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La vida viene con desafíos. Su Programa de Asistencia está aquí para ayudarle.

Su Programa de asistencia puede ayudarlo a reducir el estrés, mejorar la salud mental y facilitarle la vida al conectarlo con la información, los recursos y las referencias correctos.

Todos los servicios son gratuitos, confidenciales y están disponibles para usted y los miembros de su familia. Esto incluye el acceso a asesoramiento a corto plazo y la amplia gama de servicios que se enumeran a continuación:

Sesiones de salud mental

Controle el estrés, la ansiedad y la depresión, resuelva conflictos, mejore las relaciones y aborde cualquier problema personal. Elija entre sesiones en persona, asesoramiento por video o asesoramiento telefónico.

Asesoramiento de vida

Alcance metas personales y profesionales, maneja las transiciones de la vida, supere obstáculos, fortalezca las relaciones y logre mayor equilibrio.

Consulta financiera

Desarrolle bienestar financiero relacionado con el presupuesto, compra de vivienda, pago de deudas, resolver preguntas fiscales generales, prevención del robo de identidad y ahorro para la jubilación o enseñanza.

Referencias legales

Reciba referencias para asuntos legales personales, incluyendo la planificación patrimonial, testamentos, bienes raíces, bancarota, divorcio, custodia y más.

Recursos y referencias de trabajo-vida

Obtenga información y referencias cuando busque cuidado de niños, adopción, apoyo para necesidades especiales, cuidado de ancianos, vivienda, transporte, educación y cuidado de mascotas.

Asistente personal

Ahore tiempo con referencias para viajes y entretenimiento, búsqueda de servicios profesionales, servicios de limpieza, entrega de alimentos a domicilio y gestión de tareas cotidianas.

Apoyo médico

Obtenga ayuda para navegar los seguros, obtener referencias médicas, asegurar equipo médico, y planificar la atención de transición y el alta.

Portal para miembros

Acceda a sus beneficios 24/7/365 a través de su portal para miembros con solicitudes en línea y opciones de chat. Explore miles de herramientas y recursos de autoayuda, incluidos artículos, evaluaciones, podcasts y localizadores de recursos.

Las ofertas específicas pueden variar según el diseño del plan del Programa de Asistencia de su organización.



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Presentamos su Portal para miembros

Explore los beneficios. Solicite servicios.
Disfrute del acceso 24/7/365.



Su Programa de Asistencia ofrece una amplia gama de beneficios para ayudar a mejorar la salud mental, reducir el estrés y hacer la vida más fácil, todo fácilmente accesible a través de su portal para miembros.

Solicitar una sesión de salud mental

Solicite asesoramiento enviando un formulario en línea o chat en vivo. Elija entre las opciones de asesoramiento en persona o virtual para satisfacer sus necesidades.

Solicitar referencias y recursos

Envíe una solicitud de atención familiar y apoyo al estilo de vida, incluidas referencias para cuidado de niños y ancianos, referencias legales y consultas financieras, referencias de asistente personal y consulta de apoyo médico.

Explore miles de artículos y recursos de cuidado personal

Evaluaciones de salud y estilo de vida, listas de verificación interactivas, cursos de habilidades blandas, podcasts, localizadores de recursos, descuentos exclusivos y extensos artículos sobre salud y bienestar integrales.

Visite su centro financiero en línea

Con hojas de trabajo, calculadoras y una amplia gama de recursos y herramientas financieras para ayudar a alcanzar metas personales y desarrollar el bienestar financiero.

Comenzar es fácil

1. Visite perspectivesltd.com/login y haga clic en "Sign Up" debajo del formulario de inicio de sesión
2. Ingrese su dirección de correo electrónico y el código de compañía proporcionado por su organización para crear una cuenta e iniciar sesión
3. Para obtener ayuda para iniciar sesión, seleccione "Email Support"

* Siempre podrás llamar para acceder a los servicios, sin necesidad de crear una cuenta o iniciar sesión en el portal.



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